

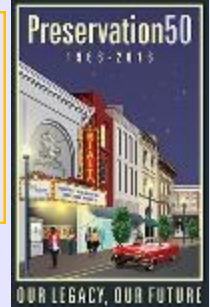


October 25,
2016

Main Street Monday!

***Please note that Main Street Monday may turn in to Town Tuesday until the end of January. I have been selected to serve jury duty and the dates are Mondays & Thursdays. If you need to schedule a meeting with KYMS be aware I may not be available.

What Shopping Local Really Means for Cities. The authors of *Global Cities*, *Local Streets* make a case for preserving small-scale retail. Read about their new book on Citylab.com.



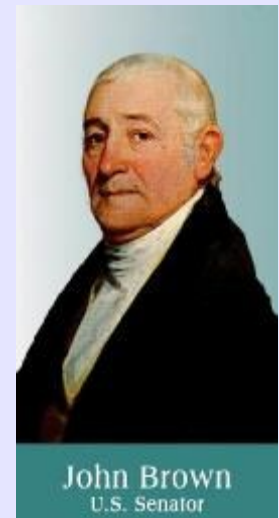
Department of Labor Overtime Rules: Your Questions Answered

Thursday, October 27 | 2:00 PM CT | Register at <https://www.eventbrite.com/e/departments-of-labor-overtime-rules-your-questions-answered-tickets-28422249714>
Your NMSC membership # is required

Join us for a special Main Street America network member webinar on the new **Department of Labor overtime rules**, set to go into effect on December 1, 2016. While not all entities and nonprofits will qualify under the Fair Labor Standards Act (FLSA), it is important that all Main Street America programs understand the implications these new regulations may have on their operations. We will be joined by attorney Patricia Tauchert who will provide an overview of the new regulations, and how those entities who will be impacted can best prepare.

Please note that this webinar is an educational resource only, and not intended to provide specific legal advice or guidance to individual programs.

Visit our [Main Street Innovation Lab webinar page](#) for more details and to register.



Funding Opportunities

*****Every Body Walk** - America Walks and the Every Body Walk! Collaborative are excited to announce the second year of Micro Grant Funding. This program will award grantees up to \$1,500.00 for projects related to increasing walking and walkability. Walkable communities lead to improved safety and health for community members of all backgrounds. They encourage broad involvement by all in the design and planning process, and are places where safe, accessible and delightful opportunities to be physically active are available to everyone. Submission **deadline is November 18, 2016**. For information, visit <http://americawalks.org/2016-every-body-walk-micro-grant-program/>

This is one of the new banners in downtown Frankfort. The Faces of Frankfort project educates the public on every pole!

Barbara Wold is coming!!

Please join us on **Thursday, November 3rd from 8am-9:45 am** at The Prizing House in **Cynthiana**. Breakfast will be provided. Again, this event is **FREE!** I feel Barbara will share great tips and advice all of our businesses could use. Call me or email with any questions you might have.

Stephanie Burden
Executive Director
Cynthiana Main Street, Inc.
cynmainstreet@gmail.com
(859) 954-5060

*****National Walking Summit Call for Proposals** - America Walks and the Every Body Walk! Collaborative are excited to announce the 2017 National Walking Summit to be held in St. Paul, MN from September 13-15, 2017. The conference will explore how walking and walkability create engaged, thriving, and inclusive communities for all members. The Summit Program Committee is seeking individuals and groups to actively participate in the Summit. We are looking for sessions that emphasize action-oriented and results-driven research, programs, policies, and partnership to promote walking and walkability. **Submission deadline is December 15, 2016**. For information, visit <http://walkingsummit.org/call-for-proposals>

America Walks Webinar

Walking at Work: The What, Why and How of Walking Meetings

Walking is a great way to incorporate more physical activity into your daily routine. One way to make sure you are getting the recommended amount of steps is to turn meetings at work into walking meetings and to encourage colleagues to stay active with you. Join us for a webinar on November 17, 2016 at 2pm Eastern to explore the what, why and how of walking meetings and learn from examples of businesses and organization that have put them into practice.

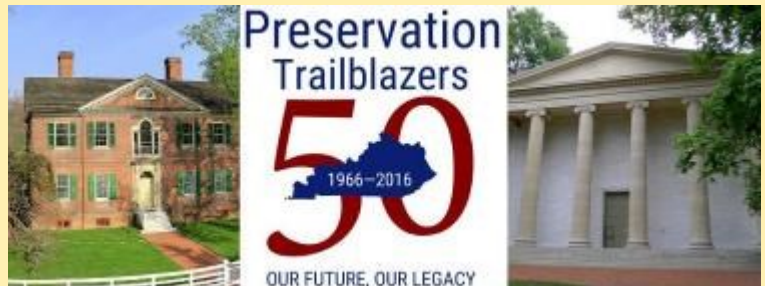
Webinar Details

When: Thursday, November 17th at 2pm Eastern, 11am Pacific

Presenters:

- Ted Eytan, MD MS MPH, Kaiser Permanente
- Jessica Tunon, Netwalking® LLC
- To register <http://americawalks.org/new-webinar-walking-at-work-the-what-why-and-how-of-walking-meetings/>

Just another reason street trees in a downtown are so important. This is the last few residential buildings before the beginning of the commercial district. It makes you want to walk down that street. They create a sense of place.



Trailblazers 50 was a great day! It was so interesting to hear from those who got the trail started to those who are clearing today's path even further. The history of Main Street was shared by Tom Moriarity and David Morgan while Kathy LaPlante shared a bit of the past and a little of the future. KYMS gave where we are and where we hope to be, #1 of course!



After picking Kathy up at the airport we spent a little time with Katie Meyer and board chair Jim Guthrie in Covington.

Last week was a whirlwind tour through south east KY. We had a great time and were warmly welcomed by all of the communities and their residents. This was the first time we have tried this type of conference which was modeled after the mobile tours from the NMSC conferences. We have learned some things to do and not do for next fall in western KY, but all in all it was great as you can see by the smiles on everyone's face. If you have comments or suggestions please send them to us!



We began in London, home of the chicken festival. We marveled at the great Farmer's Market Pavilion that also serves as their Trail Town trailhead, right on Main Street! We walked the streets, enjoyed the fall décor, and learned that the federal courthouse is located there so lots of attorneys and government offices are located downtown. We even saw an old friend, Chris Robinson.



Trail maps are located here



County tourism director Rodney Hendrickson, shared their partnership with Main Street and events they work together on. Later city tourism director and former MS director, Chris Robinson stopped in to check on us.



Upper story windows in the downtown let you know that a Salon is located upstairs. It was a clever idea that could be duplicated in any community.



Thank you to everyone in London for the wonderful lunch provided by tourism featuring BBQ from Hawg Heaven Catering and the wonderful cheese curds from the Farmer's Market!!

Interim director, Brittany Cradic, and Troy Rudder, Mayor of London.





Next stop, Barbourville! Our first stop was at the Tourism office that houses both tourism and Main Street. It is a lovely building where we met up with director, Denise Wainscott and welcomed by Marcia Hawkins president of Union College. We took arolley ride and walked the courthouse square. We had a lovely afternoon snack in the most amazing room that showed what an extra room in the back of a florist could be!



A new pocket park is coming along!



The Ugly Mug Coffee Shop



Next stop Pineville! We enjoyed our stay at Kentucky's First State Park. While Mother Nature was working on her annual fall painting it was not quite at peak, but beautiful none the less.

We had a lovely evening reception provided by the city of Pineville and we even had a chance to hear our own Tony Pence, of Morehead!



What was once an empty lot is now a wonderful outdoor event space in the heart of downtown Pineville. It's amazing what a few tables and chairs and some lights can do for a town!



On Wed. we ventured to Cumberland, Benham, & Lynch. We were welcomed by MS director, Bobbie Gothard and the Judge Exec of Harlan Co, Dan Mosley, who could not say enough good things about what Main Street has meant in these communities. It was wonderful to hear such great support for our program.



We began at the Benham theatre & visited the Coal Museum and Portal 31, a coal mine tour. It is important to understand the role coal has played in the history of the communities we visited. We saw the Lamp House coffee shop, (notice the names on the menu board), firehouse, & the Bulldog Room which any community could duplicate! Our tour guides were great.





The Bulldog room contains years of memorabilia from Lynch High School, most items have been donated. It is very cool!

All aboard for the coal mine ride!

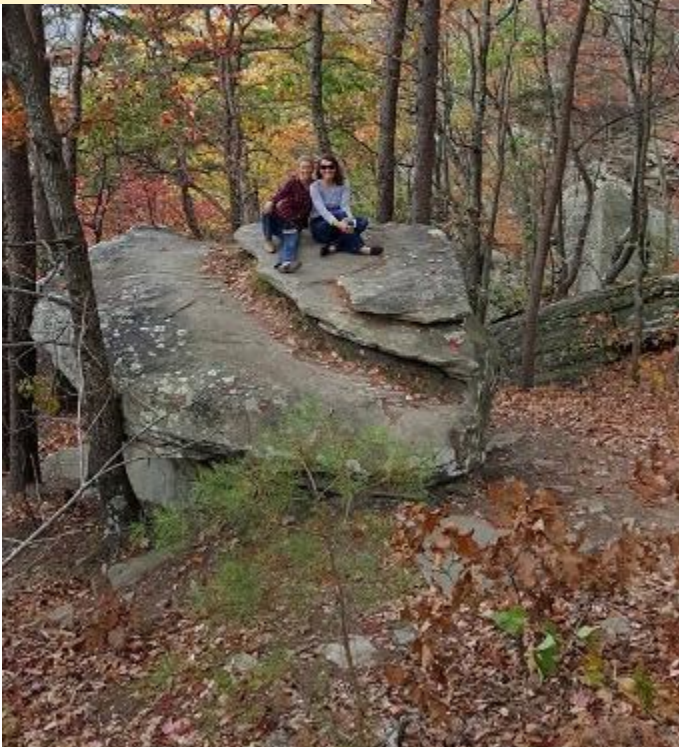
The coffee shop offers items like the Coal Dust Latte, using their heritage to create a sense of place.



This mosaic tells the story of a family coming from Alabama to Lynch. This area was one of the most diverse in the country at the time. The installation consists of 3 items, 2 suitcases (this is 1) and a trunk. Very interesting.



Thursday took us to the Pinnacle at Cumberland Gap National Park before we ventured into downtown Middlesboro. What a beautiful view! And if Main Street directors are anything, they are adventurous!



You know how much KYMS loves those free pallets! Middlesboro has used them for everything from chairs to décor. This is an example of how a few items can make a big difference.



Larry Grandey and Max the pup, shared how this bank building became their home in a wonderful adaptive reuse project in Middlesboro.



We met with a few building owners who had used the tax credit program and saw other buildings who are eligible. We saw a building built from coal and one from airplane parts. We visited shops and got a new twist on how to do a community garden with a few old tires!

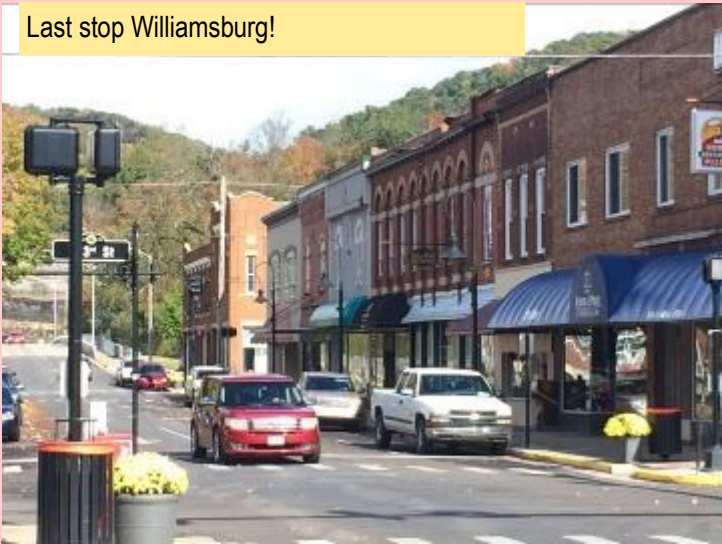


Another garden container. It could also be painted with bright colors.



This photo is from DDM's Facebook page so that you can see how the tire garden began. They also used pallets, seen at the right for plantings. The tires are now full of tall tomato plants! It's also a little public art :)

Last stop Williamsburg!



Williamsburg director Nannie Hays and Mayor Roddy Harrison welcomed us on a cold rainy morning with open arms, doughnuts, and hot coffee. We were treated to a town tour of the city, college, depot, and an unbelievable museum at Cumberland Inn. Mayor Harrison is a great advocate for Main Street as well. Check him out on YouTube! He is also quite creative!

A few additional random photos from the week!



Chris and Eilene!



Nick telling me just one minute, LOL



Benham sits at the foot of Black Mountain, tallest elevation in the state.



New Wayfinding signage in Pineville was very helpful!



The evening dinner provided by the city of Pineville!

An entertaining book about the area is by Harlan author Robert Gape entitled Trampoline. Now that you've seen the mountain it will make more sense to